

## Guildford Health Walks Risk Assessment

Every walk is different, so complete a risk assessment for each one of your group walks – to help you plan. Make a note of the steps you are taking to keep walkers safe.

Risk assessments should be stored for one year (annual update) and be kept by the individual Walk Group Coordinators.

Have a great walk!

|                                    |                                                    |
|------------------------------------|----------------------------------------------------|
| <b>Walk Group name:</b> Worplesdon | <b>Risk Assessment date:</b> January 2025          |
| <b>Name of Walk:</b> Northern walk | <b>Risk Assessment completed by:</b> Martyn Parker |

| <b>Hazards (make a note of any hazards to walkers or others on your route)</b>                                         | <b>Your notes</b>                                                   | <b>Who might be harmed?</b> | <b>Precautions</b>                                                                                                                                                                                         |
|------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------|-----------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Weather</b><br>Is there any danger of extreme temperatures, heavy rainfall or other severe weather during the walk? | Sometimes footpaths get flooded.                                    | All walkers                 | Check the weather forecast before each walk and postpone/cancel if necessary.<br>Advise walkers to wear weather-appropriate clothing and shoes/boots;<br>During the recce, make a note of 'escape routes'. |
| <b>Traffic</b><br>Do you need to cross or walk along a road? Are there any level crossings?                            | Car park<br>Crossing roads: The Avenue, Gooserye Rd; Worplesdon Rd. | All walkers                 | Advise walkers to meet on grassy area adjacent to car park, not to wait/meet inside the car park;<br>Communicate clearly with the group on the day;<br>Maintain single file along any road sections.       |

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| <b>Path surface and obstacles</b><br>Are there hazards such as slippery paths, loose rocks, stiles, fallen trees, steep drops? | Paths might be slippery and flooded; Watch out for exposed tree roots; There might be fallen trees after a storm – climb over or around, if possible, otherwise go back. | All walkers, especially visually impaired and those less steady on their feet. | Check for hazards on the recce and adapt the route if needed;<br>Provide clear information to walkers beforehand;<br>Advise walkers to bring suitable footwear for the conditions;<br>Inform walkers at the start of walk, and remind them on approach, of any problem areas on the route.<br>Remind walkers that they are to bring their medication and carry first aid supplies to manage any injuries;<br>WLs to keep an eye on and stay close to particularly vulnerable/unsteady walkers;<br>Notify SWT or Council about fallen trees;<br>Inform other WLs of the fallen tree to avoid this path in future.<br>Advise walkers to carry and use walking sticks. |
| <b>Animals</b><br>Will you pass livestock? Is there any danger of ticks or bites/stings?                                       | Yes. Be aware when animals are in the field/meadow that might cause problems.                                                                                            | All walkers                                                                    | Let walkers know to cross fields with livestock calmly and quietly, keeping the group together.<br>Be prepared to divert if needed<br>Notify SWT if there is a problem.<br>Leave gates and property as you find them.<br>Advise walkers to check themselves (and any dogs) for ticks and remove them promptly if found;<br>Ensure any dogs walking with the group are kept under control and on a short leash;<br>remind dog owners to carry water for dogs in hot weather.                                                                                                                                                                                         |
| <b>Communications</b><br>Is there a chance you could get lost, lose touch with walkers, lose visibility or phone signal?       | Yes                                                                                                                                                                      | All walkers                                                                    | Walk leaders to carry charged mobile phones and whistles to communicate.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |

